

GRADES 3 – 5

Arizona Health Education Standard Articulated by Grade Span

STRAND 1: Comprehension of Health Promotion and Disease Prevention Concepts

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Concept 1: Relationship between Health Behaviors and Health

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Describe the relationship between healthy behaviors and personal health.	<i>PO.1 Describe the benefits of eating healthy meals with family members.</i>

Concept 2: Multiple Dimensions of Health

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Identify examples of emotional, intellectual, physical, and social health.	<i>PO.1 Identify exercises that keep our heart healthy.</i>

Concept 3: Personal Health

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Describe ways in which a safe and healthy school and community environment can promote personal health.	<i>PO.1 Describe ways in which walking to school promotes personal health.</i>

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.2 Describe the key nutrients contained in the food groups and how these nutrients affect health.	<i>PO.2 Describe and explore the relationship between healthy eating behaviors and a healthy body.</i>
PO.3 Describe how physical activity impacts health.	<i>PO.3 Explain how physical activity affects how you feel.</i>

Concept 4: Prevention of Injuries and Health Problems

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Describe ways to prevent common childhood injuries and health problems.	<i>PO.1 Describe school safety rules that prevent common childhood injuries and health problems.</i>

Concept 5: Use of Health Care

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Describe when it is important to seek health care.	<i>PO.1 Describe situations when it would be important to visit the school/community health office.</i>

STRAND 2: Analysis of Factors Affecting Health Behaviors

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Concept 1: External Influences on Personal Health

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Describe how the family influences personal health practices and behaviors.	<i>PO.1 Describe how family meal patterns and eating behaviors influence/affect personal body image and health risk.</i>
PO.2 Identify the influence of culture on health practices and behaviors.	<i>PO.2 Identify how cultural beliefs affect personal body image and health risks.</i>
PO.3 Describe how peers can influence healthy and unhealthy behaviors.	<i>PO.3 Describe how peers influence healthy and unhealthy meal patterns and eating behaviors.</i>
PO.4 Describe how the school and community can support personal health practices and behaviors.	<i>PO.4 Describe how the school and community support individual meal patterns, nutritionally balanced meals, and healthy snacks.</i>
PO.5 Explain how media influences thoughts, feelings, and health behaviors.	<i>PO.5 Explain how the media influences thoughts, feelings, and health behaviors related to eating patterns and body image.</i>
PO.6 Describe ways that technology can influence personal health.	<i>PO.6 Describe the ways technology can assist in the early detection of disease.</i>

STRAND 3: Access to Health Information, Products, and Services to Enhance Health

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Concept 1: Knowledge of Sources of Help

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Identify characteristics of valid health information, products, and services.	<i>PO.1 List trusted health information sources and describe what makes a trusted source.</i>

Concept 2: Accessing Help

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Locate resources from home, school, and community that provide valid health information.	<i>PO.1 Locate resources to examine the relationship between family health history and personal health.</i>

STRAND 4: Use of Interpersonal Communication Skills to Enhance Health

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Concept 1: Communication to Enhance Health

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	<i>PO.1 Demonstrate verbal and nonverbal ways to greet others.</i>
PO.2 Demonstrate refusal skills that avoid or reduce health risks.	<i>PO.2 Describe effective ways to refuse something that makes you feel uncomfortable.</i>

Concept 2: Self-protection and Dealing with Conflict

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Demonstrate nonviolent strategies to manage or resolve conflict.	<i>PO.1 Demonstrate ways to walk away from a conflict.</i>

Concept 3: Asking for Help

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Demonstrate how to ask for assistance to enhance personal health.	<i>PO.1 Identify both verbal and nonverbal ways to ask an adult for help.</i>

STRAND 5: Use of Decision-making Skills to Enhance Health

Students will demonstrate the ability to use decision-making skills to enhance health.

Concept 1: Influences on Healthy Decision Making – This concept does not apply to this grade level.

Concept 2: Application of Decision-making Skills to Health

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Identify health-related situations that might require a thoughtful decision.	<i>PO.1 Identify a healthy snack vs. an unhealthy snack.</i>
PO.2 Analyze when assistance is needed when making a health-related decision.	<i>PO.2 Analyze when help is needed to relieve symptoms, such as stomach aches and headaches.</i>
PO.3 List healthy options to health-related issues or problems.	<i>PO.3 List healthy options, like healthy eating to address health issues such as obesity.</i>
PO.4 Predict the potential outcomes of each option when making a health-related decision.	<i>PO.4 Identify the potential outcomes of smoking and unhealthy eating habits.</i>
PO.5 Choose a healthy option when making a decision.	<i>PO.5 Discuss how choosing to drink water over soda is a healthy choice.</i>
PO.6 Describe the outcomes of a health-related decision.	<i>PO.6 Describe the outcomes of not wearing a seat belt or bicycle helmet.</i>

STRAND 6: Use of Goal-Setting Skills to Enhance Health

Students will demonstrate the ability to use goal-setting skills to enhance health.

Concept 1: Assessment of Health – This concept does not apply to this grade level.

Concept 2: Health-related Goal Setting

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Set a personal health goal and track progress toward its achievement.	<i>PO.1 Set a goal and list how many fruits/vegetables you eat a day.</i>
PO.2 Identify resources to assist in achieving a personal health goal.	<i>PO.2 List helping professionals in the community (EMS, fire).</i>

STRAND 7: Ability to Practice Health-Enhancing Behaviors

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Concept 1: Personal Responsibility for Health

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Identify responsible personal health behaviors.	<i>PO.1 Describe the benefits of using helmets and other protective gear.</i>

Concept 2: Healthy Practices and Behaviors

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.	<i>PO.1 Demonstrate preventive techniques for keeping teeth and mouth clean and healthy.</i>
PO.2 Demonstrate a variety of behaviors that avoid or reduce health risks.	<i>PO.2 Recognize the dangers of loud music to hearing.</i>

STRAND 8: Ability to Advocate for Health

Students will demonstrate the ability to advocate for personal, family, and community health.

Concept 1: Personal Advocacy

<u>Performance Objectives</u>	<u>Examples</u>
<i>Essential Outcomes:</i>	
PO.1 Express opinions and give accurate information about health issues.	<i>PO.1 Discuss dangers of smoking and tobacco use.</i>
PO.2 Encourage others to make positive health choices.	<i>PO.2 Recognize dangers of sun exposure and need for sun protection.</i>